

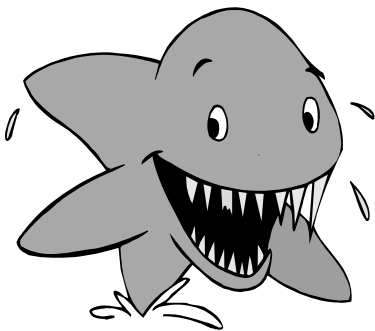
2015

Rec

Swim

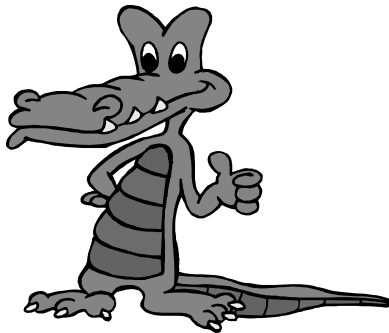
Team

Chaparral



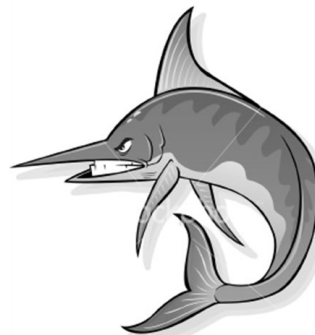
Sharks

Cactus



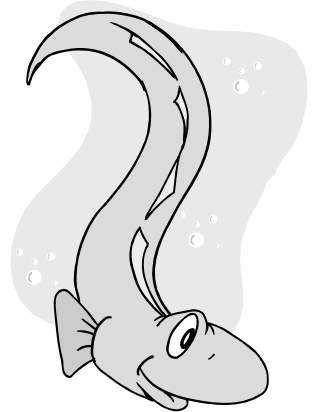
Crocodiles

McDowell Mountain
Ranch



Marlins

Eldorado



Eels





Hello and welcome to the 2015 City of Scottsdale Summer Recreational Swim team! We are looking forward to a fun and exciting summer. We have a great season planned and with your involvement, it can only get better.

The City of Scottsdale Recreational Swim team provides your child with the opportunity to thrive in a non-threatening environment, gain competitive experience, practice their swimming skills, build self-esteem, make friends, and get physically fit.

The 2015 season is packed with fun activities that we hope you and your family will take advantage of. Ski Pro will be on-site during the second week of practice to assist you with team suit fitting and orders. Swim accessories such as caps and goggles will also be available for purchase during this time.

"It's U Photography" will be on site during the third week of practice to take team and individual pictures. These pictures are a great way for you to keep the memory of the swim team experience.

Daily practices, weekly swim meets, team pictures, and special events are just some of the aspects of being a member of our team. Parent involvement is necessary in order for meets to run smoothly and efficiently. Please sign up to volunteer through SignUpGenius.com. Getting involved will make your summer swim team experience an unforgettable and memorable one.

Good luck this summer and we look forward to meeting you and your family!

Have a safe and fun summer!

City of Scottsdale Aquatic Management Team



Welcome to Recreational Swimming

The swim program is organized to help youth develop important qualities that will carry into their adult life. Through consistent practice, participants will enhance their physical coordination, fitness, and skill development. Gradual improvement in competition encourages stronger self-confidence and personal esteem. Participation in a team environment also generates sportsmanship and team spirit. This program encourages family participation as supporting spectators or volunteers at the recreational meets. The Scottsdale Aquatics Program hopes to make your child's experience fun and rewarding. It is our goal for each child to gain a skill that can carry life-long benefits, obtain an understanding of the pride that comes with accomplishment, and learn the value of being part of a team. Personal improvement at practices and meets is stressed over winning.

Objectives of the program

Recreational teams are designed to be faster paced and have a larger number of participants than that of lessons. The Recreational program is not intended to take the place of a learn to swim lesson, but rather build on those skills already learned in classes, refine the strokes, and apply them to a competitive environment.

Our Goal

It is the goal of the City of Scottsdale Recreational Swim and Dive program to enhance present abilities and encourage young athletes to gain additional skills. Each swimmer will be taught the basics of recreational swimming while having fun. Your child will be involved in organized, yet rigorous practices and will improve their techniques for all four competitive strokes. The participant will also learn sportsmanship, self-discipline, and increase their fitness through regular training and competitions.

Getting Started- Registration

Swimmers must be able to demonstrate at least one length of the pool (25 yards) unassisted, of all 4 competitive strokes. (Freestyle, Backstroke, Breaststroke, Butterfly)

Swimmers must be at least 5 years of age to participate. Age for swim meets shall be determined by the age of the participant on the first day of practice (June 1, 2015).

In the event that a participant is not ready for the recreational team, arrangements can be made to place your child in an appropriate swim lesson, if space is available.

No child shall swim without registration fees paid in full. Registration fee for residents is \$105 and \$158 for non-residents.

What you'll need

It is not mandatory to buy a team suit, but your swimmer should be able to workout comfortably in an appropriate suit. Swim goggles are highly recommended as well as a swim cap for those with long hair. Sun screen, towel, and water should be brought to practice daily.

Suit Fitting

Chaparral - June 8 - 9:00am - 10:00am & 5:45pm - 7:00pm

Eldorado - June 9 - 8:00am - 10:00am & 5:00pm - 6:00pm

Cactus - June 10 - 8:00am - 10:00am & 7:00pm - 8:00pm

McDowell Mountain Ranch - June 11 - 8:00am - 10:30am & 5:00pm - 7:00pm



*Any Questions about suits? Contact Susan at swim@skipro.com

*Suit fit kits will also be available at Parent Orientation on May 31 (12:30pm-1:00pm)
(Parent Orientation will be at your swim team pool location. Bring your suit and enjoy free Public Swim afterwards)

Team Pictures

Chaparral - June 15 - 9:00am - 10:00am & 5:45pm - 7:00pm

Eldorado - June 16 - 8:00am - 10:00am & 5:00pm - 6:00pm

Cactus - June 17 - 8:00am - 10:00am & 7:00pm - 8:00pm

McDowell Mountain Ranch - June 18 - 8:00am - 10:30am & 5:00pm - 7:00pm



*Team photos will be taken first.

*Team and individual pictures will be provided by "It's U Photography". All ordering and payment is completed day of team pictures.

*If a parent/swimmer chooses to decline an individual photo, please let the photographer know. However, we ask that all swimmers participate in the team photo.

***Envelopes and information about picture packages will be given out by the coaches.

Practices

****Practices are held Monday through Thursday unless noted otherwise****

The practice times are as follows:

Chaparral Pool: 9:00am, 5:45pm

Eldorado Pool: 8:00am, 9:00am & 5:15pm

Cactus Pool: 8:00am, 9:00am & 7:00pm

McDowell Mountain Ranch: 8:00am, 9:00am, 10:00am, 5:00pm & 6:00pm

Swim Meets

There will be seven different types of meets and activities throughout the season. Each of the swim meets are outlined in the "Swimming Schedule" attached in this packet. **In the event of bad weather, meets will not be re-scheduled.**

Age groups for competition shall be: 5-6, 7-8; 9-10; 11-12; 13-14; and 15-17.

Ages 5-10 will be swimming 25-50 yards and 11-17 will be swimming 50-100 yards for each event. (In the event that attendance is low in an age group, your child will be placed in a different age division during competitions).

Stroke of the Week Meets

The City of Scottsdale Recreational Swim program works on progression of strokes throughout the season. Each dual meet will focus on a different "stroke of the week". During the week, practice will focus on the specific strokes and events that will be swum at that meet. See attached calendar for the stroke of the week.

The Meets

These meets involve swimming against another City of Scottsdale Recreational Swim team as well as Aquasafe Swim School and McDowell Mountain Ranch Community Swim Team. The meets are not scored and some of the meets will be timed. Ribbons will be given out for 1st through 8th place for each age group. Each swimmer will be assigned a number for the season which will assist us in organizing each swim meet and place judges. Parents are strongly encouraged to volunteer as timers for the swim meets. Parents will receive an email notification from SignUpGenius.com to volunteer. Please ask your coach for more information.

Splash-N-Dash sponsored by TRIBE Multisport®



TRIBE Multisport® is the official title sponsor of this year's annual Splash-N-Dash event. This activity will take place at Eldorado Park & Aquatic Center on July 11, 2015. This event is a fun alternative to a traditional swim meet where each participant will swim a designated length (according to age) and then immediately transition into a short run through the park. Total swim-run time will be recorded and awards will be given out for 1st through 8th place for each age group. Swim suit and shoes are required.

ALL participants MUST WEAR CLOSED TOE SHOES THAT EITHER LACE UP OR VELCRO for the run portion of the Splash-N-Dash.

The Scottsdale City Championship Swim Meet

This meet will be run like a standard swim meet. All swimmers will swim on Saturday, July 25 at Cactus Aquatic Center (7202 E. Cactus Rd). Warm-ups start at 6:30am; meet starts at 7:30am.

All entry forms must be turned in to your coach by July 20, 2015. On July 25 there will be a \$15 late entry fee and late entries will not be accepted after 6:15am on July 25.

*See attached flyer for additional details.

-Ribbons will be handed out for every heat and top three medals will be handed out overall for each event.

-Participants can choose up to 3 events out of the 5 they would like to participate in. Age appropriate distances will apply for all events. The entry form is included in this packet.

City of Scottsdale Parks and Recreation Behavior Policy

Kindness, consideration and courteous behavior is appreciated and expected.

Treat every patron and staff member with respect.

Respect facility property and the property of others.

Program Feedback

Your feedback is vital to the success of the program. The City of Scottsdale now offers ONLINE surveys at the link listed below. Thank you for your support!

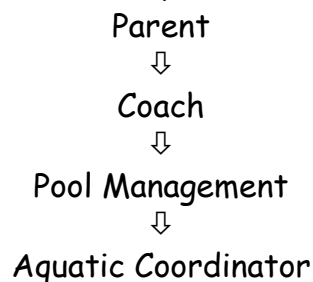
www.surveymonkey.com/s/aquaticlessons

QR code to survey



Communication & Questions

If there is a pool specific team question and/or problem, the chain of communication is:



Have a fun, safe and outstanding summer and thank you for your participation in the City of Scottsdale Recreation Swim Team

THANK YOU to Scottsdale Aquatic Club for assisting in coaching, training, and hosting the annual City Championship Swim Meet. Scottsdale Aquatic Club is a year round competitive swimming program based out of Cactus Aquatic Center.

The Scottsdale program is characterized philosophically by the principles of self-image psychology. This discipline is concerned with guiding and directing individuals toward maximum development of their talents and abilities. Similarly, the Scottsdale coaching staff endeavors to teach, train, and motivate young people to achieve their ultimate potential in swimming in the belief that this experience will prove valuable to them as they grow and develop into adults.

SAC strives to instill in young swimmers an understanding of and appreciation for such life skills and concepts as high self-esteem, personal accountability, self-discipline, goal setting, and goal achievement as these ideas relate to their success in training and in competition.

At each level, swimmers are instructed to strive for excellence. Excellence in this sense represents the achievement of that level at which you know that you have done your utmost to become the best you are capable of becoming. This philosophy is consistent throughout the program, and every swimmer, novice to Olympian, is encouraged to "Be the Best You Can Be".

For information on how to join contact SAC call 480.951.5368 or Sac6coach@aol.com



Summer 2015: June Rec Swim Team Calendar



**McDowell Mountain Ranch
Aquatic & Fitness Center**
15525 N. Thompson Peak Pkwy
Scottsdale, AZ 85260
480-312-6677
www.ScottsdaleAz.gov



**Eldorado Aquatic &
Fitness Center**
2301 N. Miller Rd.
Scottsdale, AZ 85257
480-312-2484
www.ScottsdaleAz.gov



**Cactus Aquatic and
Fitness Center**
7202 E. Cactus Rd.
Scottsdale, AZ 85260
480-312-7665
www.ScottsdaleAz.gov



**Chaparral Aquatic
Center**
5401 N. Hayden Rd.
Scottsdale, AZ 85250
480-312-2361



Practice Focus	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Freestyle 2. Evaluate Strokes 3. Starts & Turns	1 Swim Practice begins! Parents can view Rec Swim Manual Online.	2	3	4	5 NO PRACTICE	6 Mighty Mud Mania
1. Freestyle 2. Backstroke 3. Relay Starts	8 <u>Chaparral Suit Fitting</u> 9am-10am & 5:45pm-7pm	9 <u>Eldorado Suit Fitting</u> 8am-10am & 5pm-6pm	10 <u>Cactus Suit Fitting</u> 8am-10am & 7pm-8pm	11 <u>MMR Suit Fitting</u> 8am-10:30am & 5pm-7pm	12 NO PRACTICE	13 MMR @ Cactus Chap, MCP @ Eldo Warm-up = 7:15a Meet = 8:00a Focus = Freestyle
1. Backstroke 2. Breaststroke 3. Butterfly 4. Relay Starts & Turns	15 <u>Chaparral Picture Day</u> 9am-10am & 5:45pm-7pm	16 <u>Eldorado Picture Day</u> 8am-10am & 5pm-6pm	17 <u>Cactus Picture Day</u> 8am-10am & 7pm-8pm	18 <u>MMR Picture Day</u> 8am-10:30am & 5pm-7pm	19 NO PRACTICE	20 Chap, MCP @ MMR Cactus, AS @ Eldo Warm-up = 7:15a Meet = 8:00a Focus = Freestyle & Backstroke
1. Breaststroke 2. Freestyle 3. Starts & Turns 4. Relay starts	22	23	24	25	26	27 Eldo & MCP @ MMR Chap @ Cactus Warm-up = 7:15a Meet = 8:00a Focus = Breast-stroke/Backstroke

NO PRACTICE ON FRIDAYS!

AquaSafe Swim School (AS) and McDowell Mountain Community Pool (MCP) will be participating the swim meets this summer.

Summer 2015: July Rec Swim Team Calendar



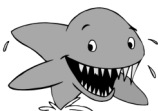
**McDowell Mountain Ranch
Aquatic & Fitness Center**
15525 N. Thompson Peak Pkwy
Scottsdale, AZ 85260
480-312-6677
www.ScottsdaleAz.gov



**Eldorado Aquatic &
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**Cactus Aquatic and
Fitness Center**
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www.ScottsdaleAz.gov



**Chaparral Aquatic
Center**
5401 N. Hayden Rd.
Scottsdale, AZ 85250
480-312-2361



Practice Focus	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Stroke Tech 2. IM 3. Butterfly 4. Relays			1	2	3 MCP, AS@ MMR Eldo, Cactus@Chap Warm-up = 5:15p Meet = 6:00p Focus = Relay Meet	4 Happy Independence Day! 
1. Stroke Tech 2. IM 3. Relays	6 Splash 'N' Dash Entry Forms due to Coaches 	7	8	9	10 NO PRACTICE	11 Splash & Dash ALL Pools @ Eldorado Check in = 6:15a Warm-up = 7:00a Meet = 7:30a
1. Starts, Turns, Finishes 2. Speed	13	14 Don't forget to hand in your City Championship entry form!	15	16 Hand in your City Championship entry form Today!	17 NO PRACTICE	18 Cactus @ MMR Eldo, MCP @Chap Warm-up = 7:15a Meet = 8:00a Focus = Butterfly
1. Events for City Championship	20 ALL City Championship entry forms due to coaches by end of practice	21	22	23	24 NO PRACTICE	25 City Championships ALL Pools @ Cactus Check in = 6:15a Warm-up = 6:30a Meet = 7:30a

****July 11th****

Splash N Dash entry forms due to coaches by July 6th .
Athletes must have closed toe shoes on race day

****July 25th****

Late entry forms will **NOT** be accepted past 6:15am.
Athletes with late entry forms must check in at 6:00am

City of Scottsdale Summer Team Suits 2015

3 ways to order:

1. **SKI PRO PHOENIX LOCATION** 2110 E CAMELBACK RD.

2. **Online Team Store:** skipro.com

Please use TRY ON suits available at MMR, Cactus, Chaparral and Eldorado 5/31 - 6/13

3. **Team Gear Fitting:** See dates and times listed for your pool

Chaparral Fitting

Monday June 8th

9:00 – 10:00am

AND 5:45 – 7pm

Eldorado Fitting

Tuesday June 9th

8:00 – 10:00am

AND 5 – 6pm

Cactus Fitting

Weds June 10th

8:00 – 10:00am

AND 7 – 8pm

MMR Fitting

Thursday June 11th

8:00 – 10:30am

AND 5 – 7pm



***SWIMMERS MAY ATTEND ANY FITTING**



Cactus/PPL



MMR/RED



Eldorado/GRN



Chaparral/BLU



FEMALE SIZES: Y 22-28 A 26-38 **TEAM PRICE \$47.00** INCLUDES TAX

MALE SIZES: 22-38 **TEAM PRICE \$37.00** INCLUDES TAX

WE ACCEPT CASH, VISA, MASTERCARD, AMERICAN EXPRESS AND DISCOVER.

Discounted Grab Bag Suits will be available at the fittings.
Team discount offered on all swim accessories at the fittings.

Delivery options:

1. Suits can be purchased in store. You do not have to wait for the fitting.
2. Shipped direct, charges apply.
3. Orders placed by 6/1 that are in stock can be delivered to fittings. Sizes that need to be ordered from fitting can be included in one bulk shipment delivered to pool @ N/C, picked up in store, or shipped direct charges apply.

SKI PRO

2110 E Camelback Rd.

Phoenix, AZ 85016

602 955 3939

skipro.com

swim@skipro.com

ANY QUESTIONS,
PLEASE CALL SUSAN
602 689 7999

Store hours:

M – F 10 - 9

SAT 10 - 6

SUN 12 – 5



City of Scottsdale SWIMMING SCHEDULE 2015

Please note:
Aquasafe Swim School (AS) &
McDowell Community Pool (MCP) will
be participating in swim meets

Date	Day	Time	Stroke	Home Pool	Visiting Pool
13-Jun	Saturday	Warm up 7:15am	Freestyle 5-10 yrs - 25 & 50 yds 11-17 yrs = 50 & 100 yds	Cactus 7202 E. Cactus Rd.	MMR & AS
		Meet 8:00am		Eldo 2301 N. Miller Rd.	Chap & MCP
20-Jun	Saturday	Warm up 7:15am	Freestyle & Backstroke 5-10 yrs = 25 yds 11-17 yrs = 50 yds	MMR 15525 N. Thompson Peak Pkwy.	Chap & MCP
		Meet 8:00am		Eldo 2301 N. Miller Rd.	Cactus
27-Jun	Saturday	Warm up 7:15am	Breaststroke 5-10 yrs - 25 & 50 yds 11-17 yrs = 50 & 100 yds	MMR 15525 N. Thompson Peak Pkwy.	Eldo and MCP
		Meet 8:00am		Cactus 7202 E. Cactus Rd.	Chap
3-Jul	Friday	Warm up 5:15pm	Relay Meet (Optional) 5-10yrs = 4 x 25 yds 5-10yrs = 4 x 25 Medley 11-17yrs = 4x 50 yds 11-17 yrs= 4x 50 Medley	MMR 15525 N. Thompson Peak Pkwy.	MCP and AS
		Meet 6:00pm		Chaparral 5401 N. Hayden Rd.	Eldo and Cactus
11-Jul	Saturday Check-in 6:15a	Warm up 6:30am Meet 7:30am	Splash 'N' Dash Ages 5-6 = 100yd swim 1/4 mile run Ages 7-10 = 200yd swim & 1/2 mile run Ages 11 & Up = 400yd swim & 1 mile run	Eldorado 2301 N. Miller Rd.	Cactus, MMR, Chap, MCP
18-Jul	Saturday	Warm up 7:15am	Butterfly/Free 5-10yrs = 25 yds 11-17yrs = 50 yds 5-10 yrs= 25 yds Free 11-17yrs = 100 yd IM	MMR 15525 N. Thompson Peak Pkwy.	Cactus
		Meet 8:00am		Chaparral 5401 N. Hayden Rd.	Eldo and MCP
25-Jul	Saturday Check-in 6:15a	Warm up 6:30am Meet 7:30am	ALL Strokes *Entry Form Required* *Late Entry Form: Check in = 6:00am* Check in = 6:15am	City Championships Cactus Aquatic & Fitness Center 7202 E. Cactus Rd. Late entry forms will be accepted from 6a-6:15a. There will be a fee for late entries.	



**Don't forget to sign up to volunteer at your child's swim meet.
Timers are always needed and greatly appreciated!**

* You will receive an email within the first few days of practice. Talk to your coach if you have questions.



Scottsdale Parks and Recreation
City Championship
Scottsdale Aquatic Club
DUE NO LATER THAN JULY 20



Event #	Event Description	
1	6 & Under-B	25 Free
2	6 & Under-G	25 Free
3	7 & 8 - B	25 Free
4	7 & 8 - G	25 Free
5	9 & 10 - B	25 Free
6	9 & 10 - G	25 Free
7	11 & 12 - B	50 Free
8	11 & 12 - G	50 Free
9	13 & Over - B	50 Free
10	13 & Over - G	50 Free
11	6 & Under-B	25 Back
12	6 & Under-G	25 Back
13	7 & 8 - B	25 Back
14	7 & 8 - G	25 Back
15	9 & 10 - B	25 Back
16	9 & 10 - G	25 Back
17	11 & 12 - B	50 Back
18	11 & 12 - G	50 Back
19	13 & Over - B	50 Back
20	13 & Over - G	50 Back

Event #	Event Description	
21	6 & Under-B	25 Breaststroke
22	6 & Under-G	25 Breaststroke
23	7 & 8 - B	25 Breaststroke
24	7 & 8 - G	25 Breaststroke
25	9 & 10 - B	25 Breaststroke
26	9 & 10 - G	25 Breaststroke
27	11 & 12 - B	50 Breaststroke
28	11 & 12 - G	50 Breaststroke
29	13 & Over - B	50 Breaststroke
30	13 & Over - G	50 Breaststroke
31	6 & Under-B	25 Butterfly
32	6 & Under-G	25 Butterfly
33	7 & 8 - B	25 Butterfly
34	7 & 8 - G	25 Butterfly
35	9 & 10 - B	25 Butterfly
36	9 & 10 - G	25 Butterfly
37	11 & 12 - B	50 Butterfly
38	11 & 12 - G	50 Butterfly
39	13 & Over - B	50 Butterfly
40	13 & Over - G	50 Butterfly

Event #	Event Description	
41	6 & Under-B	50 Free
42	6 & Under-G	50 Free
43	7 & 8 - B	50 Free
44	7 & 8 - G	50 Free
45	9 & 10 - B	50 Free
46	9 & 10 - G	50 Free
47	11 & 12 - B	100 Individual Medley
48	11 & 12 - G	100 Individual Medley
49	13 & Over - B	100 Individual Medley
50	13 & Over - G	100 Individual Medley

Select 3 Events and return bottom portion to your coach no later than July 20.

Scottsdale Parks and Recreation - City Championship Swimming Entry Card

Last Name: _____

First Name: _____

Age: _____

Male ☐

Female ☐

Event # _____

Event Description _____

Home Pool: _____

Event # _____

Event Description _____

Event # _____

Event Description _____

ALL entries are due to your coach by July 20, 2015.

*****13 and Over swimmers will be combined but scored separately for awards*****

*****Swimmers can swim in 3 events at City Championships*****

**CITY OF SCOTTSDALE
PARKS & RECREATION
LIABILITY RELEASE/PERMISSION SLIP – SPLASH AND DASH
JULY 11TH ELDORADO PARK & AQUATIC CENTER**

Youth Form Under 18

(PLEASE PRINT)

****ONE PARTICIPANT PER FORM****

PARTICIPANT/CHILD'S NAME _____ MALE _____ FEMALE _____ AGE _____

PARENT'S NAME (if for child) _____ PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

The Splash and Dash ("Event"), which will be conducted in and around Eldorado Park & Aquatic Center, located at 2301 N. Miller Rd. Check in begins at 6:15am, warm ups are at 7am and the event will begin at 7:30 a.m. and conclude by 11 a.m. on Saturday, July 11th, 2015.

Distances are as follows:

Ages 5-6 swim 100 yards & run ¼ mile

Ages 7-10 swim 200 yards & run ½ mile

Ages 11 & Up swim 400 yards & run 1 mile

AUTHORIZATION REGARDING MEDICAL ASSISTANCE

I authorize the City of Scottsdale staff to obtain any needed medical assistance in case of an emergency, illness, or accident for my child. I understand that any resulting expenses or charges are my responsibility and I will pay them immediately, either directly or through personal insurance.

NOTICE OF NON-LIABILITY

I understand that physical injury may occur during participation in this program. By signing below I hereby release and hold harmless the City of Scottsdale and its representatives and event sponsors to the fullest extent allowed by law for any injury, claim or damages incurred directly or indirectly by me or my child, occurring or resulting from the above named child's participation. My child is in good physical condition, and capable of participating in this activity which includes both distance swimming and running. I have full knowledge of the risks involved in participating in this event and have had the opportunity to ask and have answered any questions that I may have.

Furthermore, I grant full permission to the City of Scottsdale to use any photography or likeness of the above named child participating in this program, without obligation or liability to me.

SIGNATURE: _____

Parent/Guardian

DATE: _____

Recreation Swim and Dive Code of Conduct

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field/deck, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- ☐ Verbal warning by official, head coach, and/or head of league organization
- ☐ Written warning
- ☐ Parental game suspension with written documentation of incident kept on file by organizations involved
- ☐ Parental season suspension